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EC9955 Meat Alternatives

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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

MEAT ALTERNATES

If meatless days or rationing of meat actually becomes a necessity home makers can help in this possible meat shortage by using more of the foods that are plentiful and less beef and pork.

There are several other foods that may be used to provide protein. Protein is needed by the body to build and repair tissue, supply the needed amino acids and to give vigor and energy. Those proteins that contain all the essential amino acids are milk, meat (including poultry and fish), eggs, cheese, and soybeans. Other good sources are legumes (dried beans and peas) and nuts.

The recipes given below are suggestions for meat alternates, and ways of extending meat or making it go farther.

CHEESE RECIPES

CHEESE - CORN - TOMATOES

1 small onion, chopped $\frac{1}{2}$ tsp. paprika
1 Tb. fat $\frac{1}{2}$ c. tomato soup
1 can corn $\frac{1}{2}$ lb. American
1 minced pimiento cheese, grated
 $\frac{1}{2}$ tsp. salt 2 eggs.

Cook the onion a few minutes in the fat. Add the corn, pimiento, salt, paprika, tomato soup, cheese and beaten egg yolks. Fold in the egg white stiffly beaten and bake until firm in moderate oven.

CHEESE POTATOES O'BRIEN

2 Tbs. fat $\frac{1}{2}$ small onion
2 Tbs. flour $\frac{1}{2}$ green pepper
 $1\frac{1}{2}$ c. milk 1 pimiento
1 c. American cheese diced, if
grated desired
Salt 3 or 4 medium
sized boiled
potatoes

Melt fat, stir in flour, and add the milk. Cook 2 minutes, add the cheese, stir until cheese is melted; season to taste. Add onion, green pepper and pimiento. Place layer of diced potatoes in buttered baking dish, then a layer of sauce. Alternate putting sauce on top. Bake 20 min. in a moderate oven.

BAKED CABBAGE AND CHEESE

1 c. thick strained Salt
tomatoes Pepper
 $1\frac{1}{2}$ c. soft bread 2 c. chopped
crumbs cooked cab-
 $1\frac{1}{2}$ c. grated Amer- bage, drained
ican cheese

Mix tomatoes with 1 cup crumbs, 1 cup grated cheese, and seasonings. Place alternate layers of cabbage and tomatoes in a casserole, sprinkle top with remaining cheese and crumbs, and bake in a moderate oven, 350 degrees, 20 to 30 minutes.

VEGETABLE SCALLOP

$1\frac{1}{2}$ c. cooked string $\frac{1}{2}$ lb. grated
beans cheese
 $1\frac{1}{2}$ c. cooked sliced $1\frac{1}{2}$ c. medium
carrots cream sauce
1 Tb. chopped green Salt, Pepper
pepper 1 c. bread
1 Tb. chopped onion crumbs

Add cheese to cream sauce. Cook slowly in double boiler until cheese melts. Add sauce to vegetables, with seasonings to taste. Place in casserole cover with crumbs. Bake at 350, 30 min.

EGG RECIPES

EGGS A LA GOLDENROD

- 3 "hard-cooked" eggs $\frac{1}{2}$ tsp. salt
1 Tb. butter $\frac{1}{8}$ tsp. pepper
1 Tb. flour 5 slices toast
1 c. milk Parsley

Make a thin white sauce with butter, flour, milk and seasonings. Separate yolks from whites of eggs. Chop whites finely, and add to sauce. Cut four slices of toast in halves lengthwise. Arrange on platter, and pour the sauce over them. Force yolks through a potato ricer or a strainer. Sprinkle over top. Garnish with parsley and remaining toast cut in points.

EGGS IN ONION SAUCE

- 3 Tbs. butter Dash of nutmeg
6 onions sliced $1\frac{1}{2}$ c. milk
3 Tbs. flour $\frac{3}{4}$ c. water
 $\frac{1}{2}$ tsp. salt 9 hard cooked eggs
 $\frac{3}{8}$ tsp. pepper 6 slices fried bread

Cook onions in butter slowly, until tender. Do not brown them. Sprinkle flour over onions, add seasonings, stir and cook gently 2 or 3 minutes. Add milk and water gradually, cook until sauce is thick and creamy. Stir constantly. Cut eggs in halves; reheat in sauce. Serve on fried bread.

BEAN RECIPES

Serve beans with something fresh and crisp, something salty or sour, or something bright and spicy.

SOYBEAN CASSEROLE

- 2 c. cooked green 6 Tbs. flour
soybeans, chopped 2 c. milk
 $\frac{1}{2}$ c. diced salt pork 1 Tbs. salt
2 c. chopped celery 1 c. buttered crumbs
2 Tbs. chopped onions
2 Tbs. chopped green pepper

Brown the salt pork in a frying pan. Add the celery, onion, and the green pepper. Saute for 5 min. Add the thickening made from the flour, milk, and salt. Stir until it reaches the boiling point. Stir in the cooked beans and

SOYBEAN CASSEROLE (continued)

pour the mixture into a greased baking dish. Cover with the buttered crumbs. Bake in a moderate oven at 350 degrees for 30 min. or until crumbs are brown.

CHEESE BEAN ROAST

- 1 lb. cooked or 1 c. bread crumbs
canned kidney beans Salt, Pepper and
 $\frac{1}{2}$ lb. American cheese Paprika, to taste
1 onion, chopped fine 2 eggs
1 Tb. butter

Drain beans, run thru meat chopper. Cook onion in butter. Combine ingredients, add seasonings and beaten eggs. Mold into a loaf, moisten with melted butter and water and roll in bread crumbs; or pack in buttered baking dish and cover top with buttered crumbs. Bake in moderate oven. This may also be used as croquettes.

SPANISH LIMAS

- 1 onion chopped 1 tsp. Worcestershire
1 green pepper sauce
chopped 2 c. lima beans
2 Tbs. butter $1\frac{1}{2}$ c. grated American
2 c. strained cheese
tomatoes Salt, pepper, cayenne

Fry onion and pepper in butter, add tomato and cook slowly 10 min. Add seasonings, and drained beans. Simmer 20 min. Put beans and grated cheese in alternate layers in baking dish. Bake at 350 degrees for 20 to 30 minutes.

MEAT AND VEGETABLE STEW OR FIE

Simmer soup bone in water. To each pint of this broth allow:

- 1 med. sized onion 1 small green pepper
2 small carrots 2 celery stalks and
1 turnip leaves
1 medium potato 1 c. tomato juice
Salt, Pepper and pulp

Cut vegetables same size and shape. Cook in salted stock until tender. Thicken with 1 Tb. of flour mixed with cold water. Makes a delicious stew. Or, put stew into a baking dish, cover with biscuit dough or mashed potatoes. Bake in hot oven.